WINNIPEG JETS PAY THEIR RESPECTS TO RUSSIAN PLANE CRASH VICTIMS BRAD MCCRIMMON, IGOR KOROLEV

{page 8}

CHARMER

DICAPRIO GIFTS BLAKE LIVELY'S DAD AT PARTY {page 16}

WINNIPEG metro®

Thursday, September 8, 2011
www.metronews.ca
News worth sharing.

JAMES TURNER/METRO

Mother's pain

▶ Laverne Hornbrook grieves moments after laying flowers on the secluded spot south of the Yellow Warehouse building on Main Street where her daughter, April, was found dead last Saturday. No arrests have been made and homicide investigators continue to probe the young woman's killing. About 50 people gathered last night to celebrate April's life.

Randy Bachman

Straight edger

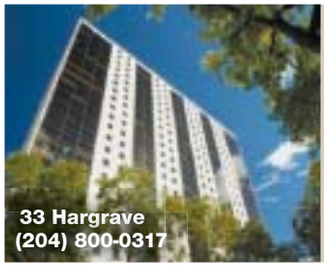
The Winnipeg musician shares his clear-eyed view of the world of rock 'n' roll in his new book Vinyl Tap Stories {page 7}

Darkly sweet & chic

Carve out a fashion niche with Guillaume Henry {page 17}

Not so fast

McDonald's hopes its billion-dollar facelift will make you stop and sit a spell {page 12}



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How a BOLD idea got started

- Winnipeg Chamber of Commerce president Dave Angus said the BOLD campaign began "almost by a fluke."
- Campaign a reaction to what Angus calls lack of bold ideas and vision coming from the current government and opposition parties.
- Chamber held a one-day conference, inviting various stakeholders to share their bold idea for Manitoba.
- The result of that conference: 23 pages of visionary ideas from Manitobans.
- BOLD campaign streamed those ideas into six sections being released over the next few weeks.

How to succeed

Five ways BOLD says it can achieve its goals:

1. Get the province to develop an aggressive startup-capital program to help entrepreneurs
2. Establish a new $100-million venture-capital fund composed mostly of private-sector capital
3. Make entrepreneurial courses mandatory in high school
4. Create new tax-exempt enterprise zones to attract and build high-tech companies
5. Expand the Yes! Winnipeg model to the entire province

ELISHA DACEY/METRO

Chamber of Commerce president Dave Angus says there's no reason Manitoba shouldn't be a technological leader, especially in the clean-energy and research sectors.

BOLD campaign sets high standards

Number of new businesses emerging over the past decade remains stagnant ◐ BOLD wants to see province build on current private projects

ELISHA DACEY
@METRONEWS.CA

The Manitoba BOLD campaign has set a high standard, challenging provincial parties to set out a platform to increase the number of businesses in Manitoba over the next 10 years by 50 per cent.

"The Manitoba BOLD campaign would like to see Manitoba become the best province in Canada to start a business," said Dave Angus, president of the Winnipeg Chamber of Commerce. "We can be the best at this."

According to the Manitoba Prosperity Report released last week, over the past decade, Manitoba has not moved from its average of 63 businesses per 1,000 people. Angus would like to see that number move to 94.

"That would put us one (business per 1,000 people) ahead of Saskatchewan, and Alberta," he said. "So I believe it is a target that is achievable."

Angus said Manitoba BOLD has also set a target of doubling the current number of head offices in Manitoba from the current 34.

Angus said the reception to the BOLD campaign from the Liberals, Tories and NDP has been limited.

"What we're hearing coming out of the parties is probably the opposite of inspirational," said Angus. "(It's) about throwing pockets of money around without being connected to any kind of vision.... Manitoba cannot afford a lazy (election) campaign."

1 news

What does spring break have to do with teen-pregnancy rates? Scan the code for the story.

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On the web at metronews.ca

Jason Priestley gives a hint of what to expect from the upcoming season of Call Me Fitz. Video at metronews.ca

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ON THE RUN

Captured fugitive reunited with family

Ian Jackson MacDonald's arrest after 30 years on the run did more than bring closure to a massive Manitoba drug case. There was a bright side too.

The arrest offered MacDonald the chance to reunite with the three kids he hadn't seen since he decided to run away and cut all ties in 1980, according to lawyer Sheldon Pinx. MacDonald's two daughters and son were "absolutely shocked" to hear in November he was still alive, having not "heard hide nor hair from him in so long," Pinx said yesterday.

Now, all appear to be willing to try and pick up where they left off so long ago. "He's most fortunate that he's been forgiven by his family," said Pinx. JAMES TURNER

SUPPLIED

▶ Before-and-after photos of Ian Jackson MacDonald.

Guilty plea ends drug case

Phone at the Legislative Building tapped for investigation
Key Crown witness still willing and able to testify 30 years later

JAMES TURNER
@METRONEWS.CA

An ailing, elderly man who fled from Manitoba drug charges for more than three decades before being nabbed living in sunny Florida has been freed from a Winnipeg jail.

Ian Jackson MacDonald, 72, pleaded guilty to conspiring to import large amounts of marijuana yesterday and was sentenced to serve one day less than two years under house arrest in the community.

MacDonald's admission closes the book on a near-cinematic criminal case that once rocked Manitoba's political world — a prominent Tory MLA was also accused, convicted and sent to prison for his role as a co-conspirator.

MacDonald, also known as Big Mac and Whitey, was first arrested in 1980 in Florida on an RCMP warrant for being the "central contact" in a conspiracy to import "bales" of marijuana into the province.

He was denied bail and ordered extradited back to Canada. However, he managed to flee a U.S. hospital after faking a heart attack and spent the next 30 years on the lam, working farm-related and other jobs.

He was brought back to Canada earlier this year after a U.S. Marshals Service task force found him, based on a review of his fugitive file.

Senior federal Crown attorney Ian Mahon and defence lawyer Sheldon Pinx came to an agreement for the conditional sentence, largely based on compassionate grounds. The most senior levels of the justice department in Ottawa were involved in arriving at the plea bargain, Pinx said.

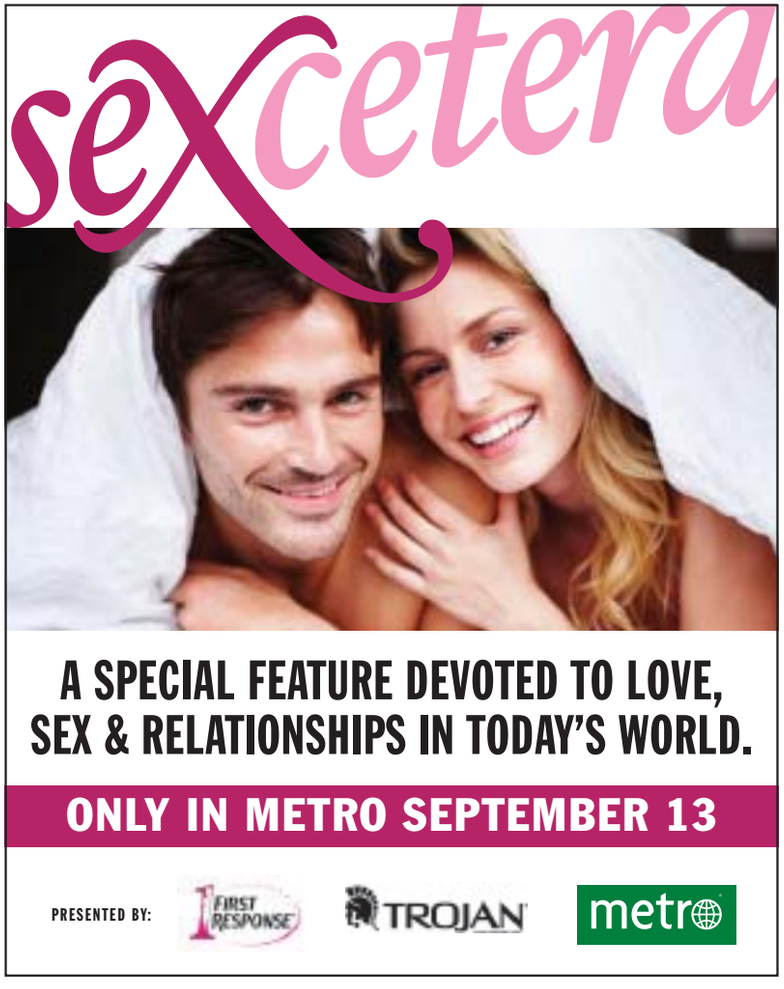
MacDonald, once known as a larger-than-life bon vivant, now suffers from cancer, diabetes and several other serious ailments.

JAMES TURNER/METRO

▶ Ian Jackson MacDonald leaves the Winnipeg Remand Centre yesterday afternoon with his two daughters.

A doctor's report estimates he has not long to live, and may not see his 75th birthday.

"I'm really ashamed of myself for this whole thing," MacDonald told McKelvey from his wheelchair. "You'll never see me again," he added.



Panel to look at judge sex scandal

A panel has been named to look into a sex scandal involving an associate chief justice of the Manitoba Court of Queen's Bench.

The Canadian Judicial Council has said the panel, which was announced earlier this year, will look at whether the allegations surrounding Lori Douglas merit her being removed from the bench.

Douglas's lawyer husband, Jack King, has already been reprimanded by the Law Society of Manitoba for suggesting to a client that he have sex with Douglas eight years ago when she was still a lawyer.

Hearing

- The committee will decide when it will convene to hear the case and will then report to the federal minister of justice.
- Only Parliament can remove a judge from the bench.

Nude pictures of Douglas were also posted online, although King has said he did so without his wife's knowledge.

Chief Justice Catherine Fraser of Alberta will lead the review panel that includes Warren Winkler, Chief Justice of Ontario, Jacqueline Matheson, Chief Justice of the Supreme Court of Prince Edward Island, and two lawyers. THE CANADIAN PRESS

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Texting teen smashes into vehicle

A 53-year-old man is in critical condition after a Winnipeg teen, who was texting and driving, smashed into the man's vehicle head-on.

Winnipeg police said the 19-year-old was driving a Toyota pickup truck eastbound on Dugald Road near Goodyear Avenue. Because he was texting, he failed to notice traffic in front of him had stopped. The teen then veered into the westbound lanes to avoid rear-ending the car in front of him, but instead smashed into a Dodge Neon head-on.

The driver of the neon was taken to the hospital in critical condition where he remains. The 19-year-old driver of the truck was taken to hospital in stable condition. He faces charges of criminal negligence causing bodily harm and possession of a prohibited weapon. ELISHA DACEY

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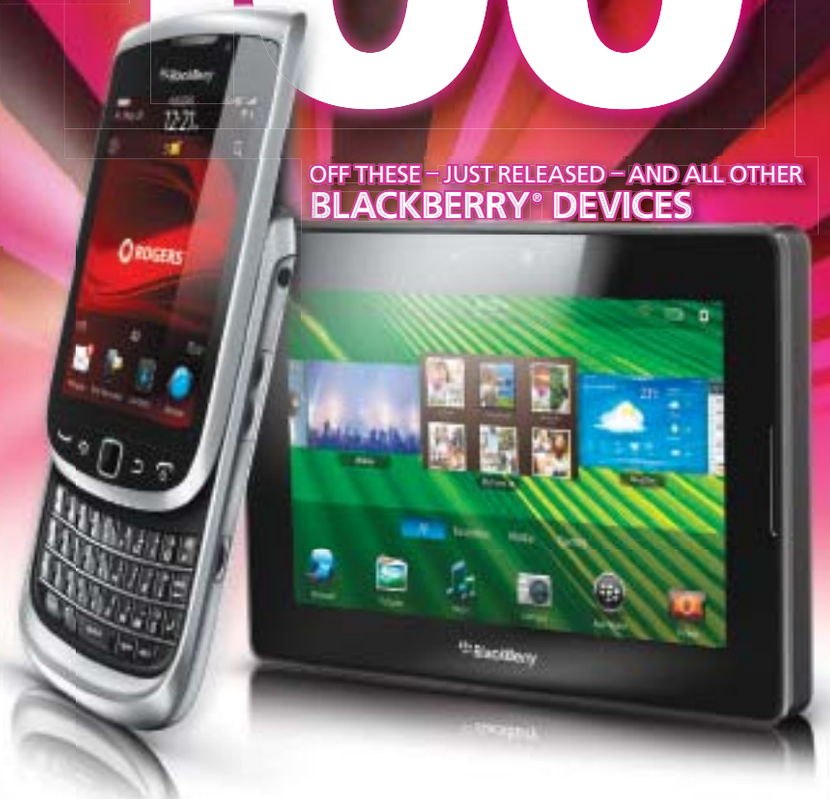

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Refugee claimant fears persecution

Her husband, 52, was found dead at home in Russia in 2003 Death ruled homicide by blunt-force trauma

JAMES TURNER
@METRONEWS.CA

A Russian woman who fears violent persecution from racist skinheads at home because they mistakenly believe her to be Jewish will present her case to stay in Canada in a Winnipeg courtroom today.

Tatyana Lebedeva, 55, came to Canada on a visitor's visa in 2008 and soon after made a refugee claim in Winnipeg that was denied.

The federal Immigration and Refugee Board (IRB) ruled her persecution claims were unfounded.

Lebedeva is battling to have the ruling overturned and reviewed in federal court on the basis that even if she were to move to another Russian city, word would travel and a false perception she is a Jew would follow her.

"After my husband's funeral, I came back to work and noticed that my colleagues started avoiding me and treating me with hostility, whispering 'Jewish' behind my back," Lebedeva said in her application for refugee status.

Lebedeva says she, her adult children and their families have been subjected to repeated acts of anti-Semitic violence and intimidation, including a group beating by skinheads in black leather jackets and jackboots.

"I am horrified to go back to Russia," she said. "I know that as soon as I (get) there I will be attacked again and again, and I am terrified to think that those attacks might be successful one day and skinheads might kill me," Lebedeva said.

The federal government believes she could go back to Russia and safely live in another city, but her lawyer, David Matas, says the IRB made several errors in coming to that conclusion.

For more local news visit metronews.ca/winnipeg

On. Fire

▶ A tanker truck burns on the Trans-Canada Highway Tuesday afternoon.

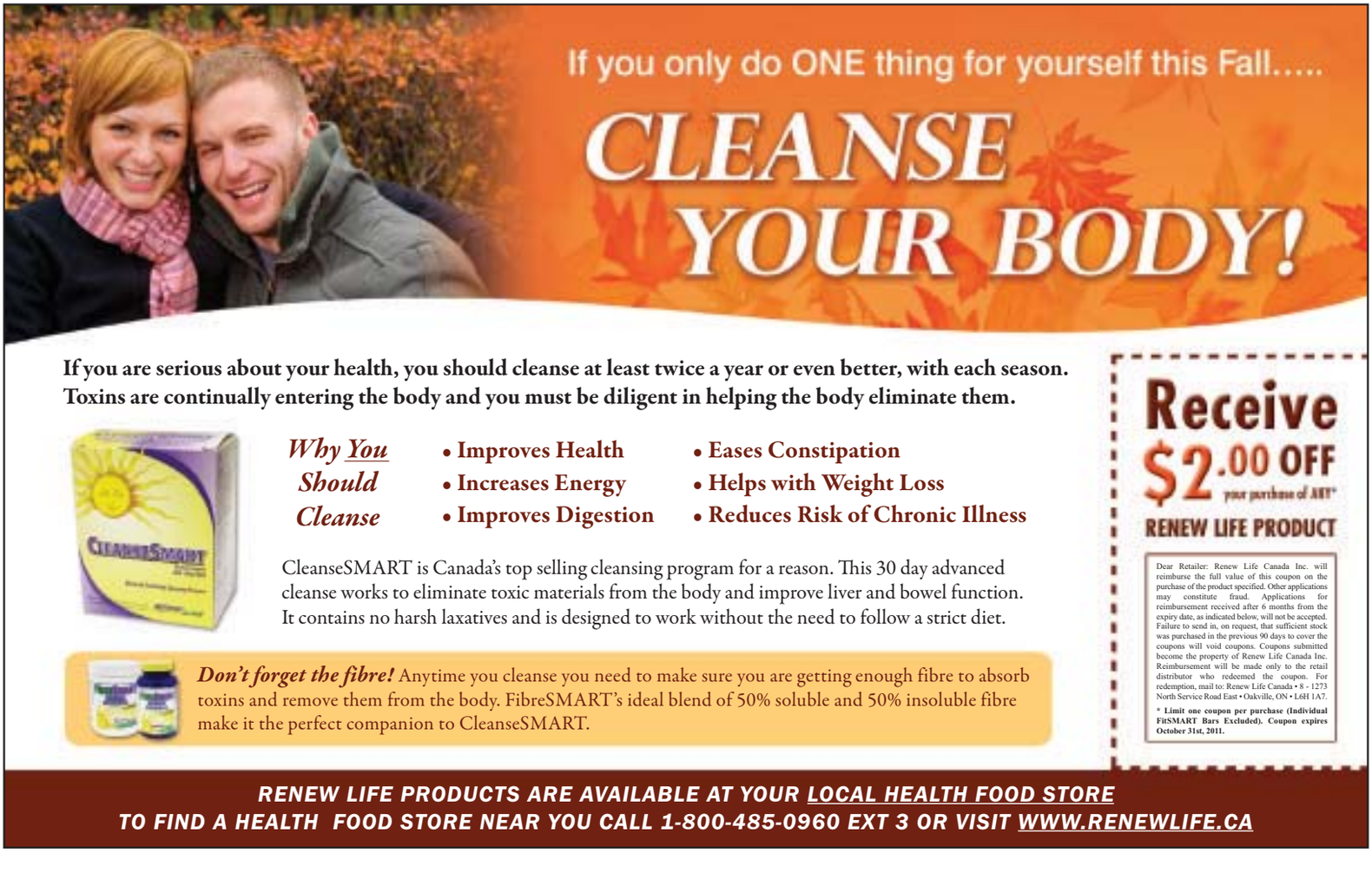
HANDOUT

Truck hauling diesel catches fire

The Trans-Canada Highway was closed for six hours Tuesday after a truck hauling diesel fuel caught fire outside of Elkhorn, Man. The driver of the truck managed to escape before the fire consumed the truck, trailers and 50,000 litres of fuel. There were no injuries.

Teenager stabbed on Portage

A Winnipeg man, 18, was taken to hospital after being stabbed yesterday night after getting into a verbal fight with an unknown suspect. The suspect produced a knife and stabbed the male in the lower body before running away. METRO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Election in brief

Low electricity rate guarantee

NEW DEMOCRATS. Manitoba voters are being told that if they return the NDP to power, they will pay the lowest rates in Canada for electricity, heating and car insurance.

Leader Greg Selinger says he can make the guarantee because such services are publicly owned.

He says the Crown corporations will have a special fund to subsidize rates if they get too high.

THE CANADIAN PRESS

Liberals eye addictions

LIBERALS. Manitoba Liberals say they would cut the crime rate by improving addiction treatment programs.

Liberal Leader Jon Gerrard's latest campaign promise is $1.2 million a year for addiction treatment centres.

Gerrard says most people arrested for violent crimes have tested positive for substance abuse, and addressing that issue will reduce crime.

THE CANADIAN PRESS

Plan to track sex offenders

CONSERVATIVES. Tory leader Hugh McFadyen said yesterday if elected, the Tories would track sex offenders by using GPS bracelets.

McFadyen said using technology is just another tool police can use to help monitor offenders.

The Tory leader also promised more support to the Internet Child Exploitation units in Manitoba.

METRO

Tapping into memories

Randy Bachman's squeaky-clean lifestyle offers a clear glimpse into world of Canadian rock 'n' roll in new book Vinyl Tap Stories

Winnipeg rocker Randy Bachman offers a lifetime of rock 'n' roll memories in his new book, which is full of such minute details as Little Richard's habit of toting a travelling makeup case, Johnny and the Hurricanes' fondness for Bachman's mother's homemade perogies, and the Pointer Sisters volunteering to clean up Bachman's then-three-year-old daughter after a bout of car sickness.

But how does Bachman — who will be 68 later this month — remember his past with such stunning clarity?

"I've never done any drugs, I've never drank, I've never smoked — so I think I remember the '60s like nobody else remembers them. And the '70s and the '80s," the affable rocker said during a recent promotional stop in Toronto.

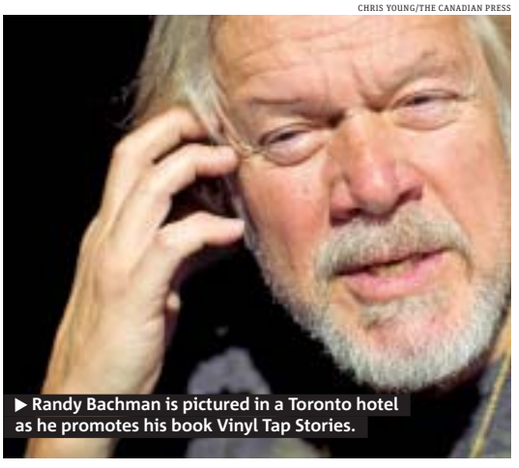
Back then, Bachman didn't have a manager, so he would wake up early every morning to go to the bank and stash away the haul from his latest gig. He didn't have the time — nevermind the inclination — to indulge.

Aside from Bachman's tales of other musicians, his book also delves into his own songwriting catalogue.

"I was no Shakespeare. I was no Dylan," he said cheerfully.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



▶ Randy Bachman is pictured in a Toronto hotel as he promotes his book Vinyl Tap Stories.

"When I would relax and I was my normal, average, Canadian Joe self, and did a song by accident or by letting it just happen, that it was so absolutely simple and so inane and so silly in a way, that that's what everybody liked the best."

RANDY BACHMAN

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Crash exacts huge toll

Global hockey community in disbelief after crash
Condolences sent to family and friends of victims

MISHA JAPARIDZE/THE ASSOCIATED PRESS

▶ Investigators comb through the wreckage of the plane carrying the Russian hockey team Lokomotiv Yaroslavl.

A private Russian jet carrying a top hockey team slammed into a riverbank yesterday, killing 43 people, including the team's Canadian coach, in one of the worst plane crashes ever involving a sports team.

Two other people were critically injured.

Russia and the world of hockey were left stunned by the deaths of so many international stars in one catastrophic event. The International Ice Hockey Federation said 27 players of the Lokomotiv Yaroslavl team were killed, along with two coaches and seven club officials.

The Russian Emergency Situations Ministry said the Yak-42 plane crashed into the shores of the Volga River immediately after leaving the airport near the city of Yaroslavl, 240 kilometres northeast of Moscow. The weather was sunny and clear at the time. Russian media said the plane struggled to gain altitude and crashed into a signal tower, shattering into pieces.

The plane was carrying the team from Yaroslavl to Minsk, the capital of Belarus, where they were to play in the opening game of the Kontinental Hockey League season. It had 45 people on board, including eight crew. Officials said the cause of the crash was not immediately apparent, but it may be due to technical problems. THE ASSOCIATED PRESS

Hockey world reacts

NHL Commissioner Gary Bettman:

Though it occurred thousands of miles away from our home arenas, this tragedy represents a catastrophic loss to the hockey world — including the NHL family, which lost so many fathers, sons, teammates and friends."

Russian Ice Hockey Federation President Vladislav Tretyak:

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for the people that were on that plane."

Russian NHL star Alex Ovechkin on Twitter:

"I'm in shock!!!!!R.I.P ..."

THE ASSOCIATED PRESS

Jets pay their respects

THE CANADIAN PRESS

▶ Igor Korolev

Former Winnipeg Jet Igor Korolev and former Brandon Wheat King Brad McCrimmon were among those who perished in a horrific plane crash yesterday in Russia.

Korolev was a Winnipeg Jet for the 1994-1996 seasons. He had recently retired from the Kontinental Hockey League team Lokomotiv to become a team staff member.

Several Winnipeg Jets told media they knew McCrimmon from his stint as an assistant coach with the Atlanta Thrashers from 2003-2008, or when he was with the Detroit Red Wings until 2011. METRO

"We join together with the entire hockey community to mourn the tragedy that occurred (yesterday). We would like to express our sincerest sympathies to the friends and family of former Winnipeg Jet Igor Korolev and former Brandon Wheat King Brad McCrimmon, as well as the entire Lokomotiv Yaroslavl organization."

THE WINNIPEG JETS, STATEMENT

NHL HANDOUT

▶ Coach Brad McCrimmon

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Threats ground Pakistan flights

Bomb scare comes four days before tenth anniversary of 9-11 attacks

THE ASSOCIATED PRESS

▶ Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat. It landed in Kuala Lumpur and all the passengers disembarked safely, said PIA spokesman Mashood Tajwar. THE ASSOCIATED PRESS

Al-Qaida members face U.S. sanctions

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muhammad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing business with the men.

David S. Cohen, the undersecretary of treasury for terrorism and financial intelligence, says the sanctions strike "at the heart of al-Qaida's remaining leadership and its operations in Pakistan."

The Treasury Department identified al-Libi as an al-Qaida commander, Salim as a senior leader of the terrorist organization and Khan as a facilitator, courier and operative.

THE ASSOCIATED PRESS

Suicide blasts claim 22 in Pakistan

A pair of suicide bombers killed 22 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was revenge for the recent arrests there of three top al-Qaida suspects, an operation assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said at least 23 people were killed and more than 80 were injured, some critically.

A five-year-old child and her parents died in the attack.

THE ASSOCIATED PRESS

News in brief

Delhi bombing kills 11

NEW DELHI, INDIA. A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 people and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect.

The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

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NASA scientist guilty of spying

- Wanted $2M US to sell top secret information
- Could have faced death penalty for espionage

NASA/THE ASSOCIATED PRESS FILE

▶ Stewart David Nozette

A former U.S. government space scientist pleaded guilty yesterday to one count of attempted espionage for trying to sell classified information to an undercover FBI agent posing as an Israeli spy.

During an appearance in federal court, Stewart David Nozette admitted that he tried to provide Israel with top secret information about satellites, early warning systems, ways of retaliating against large-scale attack, communications intelligence information and major elements of defence strategy.

Both the Justice Department and Nozette's lawyers have agreed to a sentence of 13 years in prison, with credit for two years Nozette has already spent behind bars. U.S. District Judge Paul Friedman said he was prepared to accept the deal, pending Nozette's co-operation with prosecutors, a procedure expected to last into November.

Appearing in court in a prison jumpsuit, Nozette said he understood the charge to which he was pleading. He could have been sentenced to death had he been convicted of all four counts of attempted espionage that he faced.

Just before his arrest, Nozette told an undercover FBI agent in the sting operation on Oct. 19, 2009, that the secrets he was passing to Israel had cost the U.S. government anywhere from $200 million to almost $1 billion, according to newly filed court papers in the case.

THE ASSOCIATED PRESS

Dalai. Lama

▶ His Holiness the Dalai Lama smiles as he arrives in Montreal yesterday. He is attending a conference on the world's religions in the post 9-11 world.

GRAHAM HUGHES/THE CANADIAN PRESS

In Canada to discuss religion

Joining the Dalai Lama at the conference are religious scholars and spiritual thinkers, including Nobel laureate Shirin Ebadi, Tariq Ramadan and Deepak Chopra.

49 The percentage of Canadians who said they were not likely to cheat on their taxes.

A nation of cheaters?

A new poll commissioned by the taxman suggests half of Canadians are ready to cheat with under-the-table cash payments.

The others were open to cutting corners, usually by paying cash for goods and services.

THE CANADIAN PRESS

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Flaherty minds the price gap

'Irritated' finance minister wants to know why Canadians pay more than Americans for goods

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the United States.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist even though the Canadian dollar has been worth more than the U.S. currency for most of the year.

In fact, Flaherty points out that the Canadian currency has been strengthening over the past five years. The loonie's strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren't getting full payback in the form of the prices of goods sold in this country, he says.

"I share their irritation," he writes.

Bank of Montreal economist Douglas Porter said in April that Canadians pay on average 20 per cent more on many items.

Canada's retail industry has often said it takes months to adjust to currency fluctuations, due to the lead time required to import goods. They have also said their U.S. counterparts have several built-in advantages.

Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 202.02 (12,720.56)	+ 0.44¢ (101.47¢ US)

Oil	Natural gas / Gold contract
+ $3.32 ($89.34 US)	$3.991 US (+ 5.0¢) / $1,817.60 US (- $55.70)

▶ Iridium's newest satellite gear promises Wi-Fi signals even in the remotest corners of the world. AxcessPoint, a Wi-Fi mobile hotspot, connects BlackBerry and Android devices to the Iridium network using an Iridium Extreme or Iridium 9555 satellite phone.

IRIDIUM/THE ASSOCIATED PRESS

Access all areas with mobile hotspot

Black sues 'Cain-like' ex-partner

Conrad Black is suing his former Hollinger International business partner David Radler, who testified against him at his 2007 fraud trial.

The lawsuit filed in Cook County Circuit Court in Illinois accuses Radler of illegally adding shareholders and debt to Horizon Publications Inc., a U.S. newspaper chain in which Black had a stake.

The Chicago Sun-Times says the suit by Black, who returned to prison this week, calls Radler "an infamous Canadian citizen" and refers to his "Cain-like betrayal."

Radler said yesterday that he was aware of the lawsuit, but had not seen the legal documents yet and could not comment.

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A $1B McMakeover

Would you like fries with that leather chair and plasma TV?
McDonald's getting a new look to take on rivals in fast-food war

CHRIS YOUNG/THE CANADIAN PRESS

▶ McDonald's Canada CEO John Betts, enjoying a meal at a franchise in Toronto's east end, says the renovations are a response to feedback from customers and store owners.

McDonald's is spending $1 billion to renovate all its Canadian restaurants in an effort to make them look cozier, raising the stakes in Canada's $19-billion-a-year fast-food industry.

The company plans to spruce up 1,400 stores by next year, tearing out the old plastic interiors and replacing them with leather furniture, plasma televisions and fireplaces.

Exteriors are also getting a fresher look as the traditional red roofs are replaced.

The redesigns are based on formats used by McDonald's in Australia and parts of Europe. Construction is complete in some restaurants in Toronto and Montreal.

McDonald's Canada CEO John Betts said renovated stores have already brought in more customers.

"The business we've been enjoying from our reimaged restaurants or remodelled restaurants is close to double digits," he said.

That's higher foot traffic than the average. Analysts say annual growth in the industry is normally two to three per cent.

McDonald's isn't the only quick-service restaurant to get a facelift as it fights for customers. In June, Soul Restaurants Canada Inc., the new operator of more than 200 KFC restaurants in Ontario and British Columbia, announced an "aggressive renovation initiative" but didn't provide further details.

And Burger King has begun swapping its generic fast-food feel for sleek interiors with rotating chandeliers, TV-screen menus and "burger bars" — some of which serve alcohol — aiming for a vibe that's more sit-down than drive-through at its 12,000 restaurants worldwide.

THE CANADIAN PRESS

"People tend to linger a little bit more in restaurants today. They want to enjoy their meals, take a break from the busy lifestyle that they lead, and we think our restaurants today are certainly doing that a lot better than in the past."
JOHN BETTS, CEO, MCDONALD'S CANADA

Food fight

- **The McDonald's makeover** comes at a time when major rival Tim Hortons is beefing up its food offerings.
- **Tim Hortons has said it** plans to "vigorously defend" its position as the coffee market leader in Canada, with 45 per cent of breakfast sales, according to Brian Yarbrough, retail analyst at Edward Jones.
- **Tim Hortons has about** 3,200 stores in Canada, compared to 1,400 operated by McDonald's.

Saab story nearing end

BJORN LARSSON/THE ASSOCIATED PRESS

▶ The Saab plant in Trollhattan, western Sweden, is facing closure.

Swedish Automobile, producer of the Saab, filed for bankruptcy protection yesterday in a last-ditch attempt to salvage a brand crippled by production stoppages, withheld salary payments and mounting debt. The company said the move would buy it time to receive funding from Chinese investors and avoid bankruptcy.

The Netherlands-based Spykers Cars changed its name to Swedish Automobile after deciding to focus only on the Saab brand. Led by Dutch businessman Victor Muller, the company has failed to revive the loss-making brand since taking it over in 2010 from General Motors Co., which was in the process of dismantling it.

THE ASSOCIATED PRESS

BANKING BOO-BOOS

Hindsight is 20-20 for RBC

RBC, Canada's largest bank, has learned it needs a "very clear line of sight" on whether acquisitions can make good profits before it makes a major purchase, CEO Gord Nixon said yesterday.

Royal Bank of Canada bought more than 400 retail bank branches in Florida, Alabama, Georgia and other U.S. states over the past decade, but agreed recently to sell them at a $1.57-billion loss.

Nixon said RBC's foray into the U.S. failed because it was operating in a "challenged" part of the country where customers were hit hard by unemployment and a tanking real-estate market.

"In terms of lessons learned I think it's very important that investments that are made have the scale and critical mass sufficient to generate reasonable rates of return in their context," Nixon said.

THE CANADIAN PRESS

Bank stays course on interest

The Bank of Canada will maintain its key interest rate near historic low levels for the foreseeable future to help stimulate the ailing economy by keeping the cost of borrowing down.

For the eighth consecutive announcement date, the central bank kept the overnight rate at one per cent. It also dropped its caution that rates would need to rise in the future, a warning that had been made when the economy appeared to be improving.

Instead, the bank's governing council said yesterday that the global and Canadian economies are experiencing significant difficulties and need the help of cheap borrowing costs. THE CANADIAN PRESS

Gloomy outlook

- **New data show the U.S.** recession was deeper than thought and the recovery is shallower, and will be impeded further as Washington starts withdrawing stimulus.
- **Canada is not sheltered** from the storm. Exports have collapsed and financial conditions have tightened, while growth stalled in the second quarter and will be slower in the months to come.

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HE SAYS ...

JOHN MAZEROLLE
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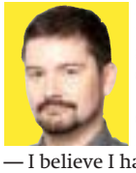

When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches." Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation — I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know.

Fashion: Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked. They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

> **"If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window."**

Supplies: Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you liked. Buy one of those $29.99 sets with the quadratic equation written on the back, and your kids could be as cool as I was, though somehow I doubt it.

Rest: Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

Don't forget to care: As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You MUST feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at metronews.ca/hesays

Panel

Register at metropolitanpanel.ca and take the quick poll

Should parents and students have to pay for school supplies?

87%
YES, IT'S PART OF THE COST OF PROCREATING

12%
NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

Local tweets

- **@hey_kaylee:** Anyone in Winnipeg wanna have a yard sale with me? I have so much stuff to get rid of! AND NEED SO MUCH MONEY!
- **@JimCramptonWPG:** RIP former Winnipeg Jet Igor Korolev and all the others killed in that horrific air crash in Russia.
- **@Aimazinglyaim:** Scariest flight ever!! In Winnipeg..thinking about taking the bus for the rest of the trip #nolikey
- **@ShivaNagalingam:** I re-read stories about the new Winnipeg Jets because, honestly, all other hockey news this summer has been so tragic and awful.
- **@jennylynndotnet:** Hey #Winnipeg downtown workers.. free Zumba class Thursday after work. It's super fun and the instructor is amazing!
- **@mawwelch:** Kenaston, if you were a person I would punch you in the face. #winnipeg
- **@bjmisevich:** winnipeg jets jerseys look like a maple leaf jersey a child glued an airplane to then drew a circle with a crayon. design isnt for everyone

Worth Mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's proposal would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. THE ASSOCIATED PRESS

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2 scene

‘The best of both worlds’

Loud and Quiet concerts will allow Greg MacPherson to showcase his different styles

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

G-Mac is back!

Winnipeg troubadour Greg MacPherson celebrates his new album Disintegration Blues with back-to-back shows at the West End Cultural Centre. Billed Loud and Quiet, Friday’s concert will consist of straight-up rock while Saturday’s show will be a more intimate, diverse music mix.

“I don’t feel hemmed in as a songwriter by any particular style, but sometimes it’s hard, because you show up on a Friday night with a bunch of slow songs and everyone is geared up for the weekend,” says MacPherson, 38.

“With these two shows, it’s the best of both worlds. I can play the crazy rock show Friday and then dial it back a couple notches Saturday.”

Recorded with local sound engineer Cam Loeppky at Prairie Recording Company, Disintegration Blues is the follow-up to MacPherson’s 2010 Polaris Music Prize-nominated album Mr. Invitation. While that album was full-band affair, Disintegration is all G-Mac.

“There were a whole bunch of songs I didn’t put on Mr. Invitation because they were more solo-oriented,” MacPherson says. “I sell records that have a band on them but then I tour solo, so I wanted to make a record where I could play all the songs on it alone and not lose anything.”

Whether he’s loud, quiet, on his own or in a group, MacPherson is always authentic, possessing the ability to connect with his honest, heartfelt, socially conscious lyrics. An army brat, G-Mac was born in Sydney, N.S., and has moved a whopping 37 times, a fact that’s impacted his music.

“I’ve always strived for a home of some kind, so with my songwriting and performance I think it’s important to connect with people and build relationships with them,” MacPherson says. “I like entertaining people, but I’d much rather connect directly with someone on an emotional level.”

The Loud and Quiet shows also serve as the launch party for MacPherson and Loeppky’s new label Disintegration Records.

Tickets are $16 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster (plus service charges). Showtime is 8 p.m.

Street festival

- Dance in the street this Saturday at the Sherbrook Street Festival. West Broadway’s seventh annual block party features tons of great local music, including country-rockers The Empty Standards, Latin soulsters Trio Bembe and blues brothers and sisters The Dusty Roads Band.
- There are also kid activities, an interactive reptile display and an open mic jam stage. The fun starts at noon between Wolseley and Westminster avenues.

CONTRIBUTED

▶ Greg MacPherson’s new album is called Disintegration Blues.

News in brief

A 36-year-old man has been charged after he allegedly broke into Celine Dion’s home near Montreal, raided the fridge and even took the time to pour himself a bath.
He was nabbed by Laval police on Monday afternoon after the alarm system went off.

THE CANADIAN PRESS

The little horror movie that could

CHRIS ALEXANDER
SCENE@METRONEWS.CA

How a kid from Oakville, Ont., ended up in the Louisiana swamps filming a gloriously trashy monster movie is a story in itself, but such is the legacy of Canadian actor — and sometimes writer and director — Dillon Casey.

Casey, already a veteran TV performer from such glossy shows as Being Erica and The Vampire Diaries, stars as one of the slew of youthful anti-heroes who come face to face with a lethal reptilian monster in Creature, a nifty new low budget shocker co-starring genre icon Sid Haig, opening across North America this Friday.

“The first thing I noticed when I read the script was the name (of producer) Sid Sheinberg,” says Casey, back in Toronto for his recurring role in the CTV hit series Nikita.

“I mean, he’s a legend … he was the head of Universal pictures. He was behind Jaws.”

Sheinberg’s name no doubt pushed writer/director Fred Andrew’s little horror movie that could into the higher profile release it’s getting this week, but outside of the pedigree, Creature is an eccentric, interesting, unpretentious and often eerie thriller.

“(Creature) looks like a generic horror film on the surface,” notes the actor.

“But there are many twists and turns and unexpected elements that elevate it.”

Casey was bit by the acting bug when studying at the University of Toronto and found he had the chops — and the looks — to make a living pretending to be other people. But originally, his role in Creature called for a very different face.

“My character was fat, nerdy and I really didn’t think I had a chance of getting it,” he says.

“But then I got the call that I did. I was surprised. Later on the set, Fred said that the reason I got the roll was that I nailed it on the call back. I kept quiet at first but I eventually told Fred that I didn’t actually get brought in for a call back. So really … he probably cast the wrong guy for the role by mistake!”

CONTRIBUTED

▶ The monster from Creature is pictured.

Scan this code or visit metronews.ca/scene to find out who won big at last night’s Gemini Awards

The Oscar goes to... Eddie

84th Academy Awards to be hosted by Eddie Murphy

A recipe for success or disaster?

Eddie Murphy has been tapped to host the 84th Annual Academy Awards, to be broadcast next year, according to the Academy of Motion Picture Arts and Sciences.

"Eddie is a comedic genius, one of the greatest and most influential live performers ever," said film director Brett Ratner, who's producing the show and helmed Murphy's latest, Tower Heist.

"With his love of movies, history of crafting unforgettable characters and his iconic performances — especially onstage — I know he will bring an excitement, spontaneity and tremendous heart to the show Don and I want to produce in February."

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal, Martin and Goldberg, among others," said Murphy, 50.

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal..."
EDDIE MURPHY

"I'm looking forward to working with Brett and Don on creating a show that is enjoyable for both the fans at home and for the audience at the Kodak Theatre as we all come together to celebrate and recognize the great film contributions and collaborations from the past year."

The move is thought to be an effort to inject a little humour back into the event after last year's hosts Anne Hathaway and James Franco were considered flops.

In a bland performance, which the media described as all around awful, the pair bounced through a raft of skits and montages that many critics and fans found more long than laughable.

Chosen to attract a younger audience, Hathaway and Franco lacked what some described as onscreen chemistry.

With a similarly lacklustre showing from Steve Martin and Alec Baldwin in 2010, organizers are banking on Murphy to restore the golden age of Oscar nights, when big-draws such as Whoopi Goldberg and Billy Crystal effortlessly brought the house down among even the most demanding of crowds.

Murphy was nominated for a Best Supporting Actor Oscar for Dreamgirls in 2006.

He was said to have walked out of the show after losing to Little Miss Sunshine star Alan Arkin.

METRO

Yes, but

Eddie Murphy to host Oscars. Good choice?

- **YES** Murphy is cool and confident live. If you have never seen his stand-up special Delirious or his skits on Saturday Night Live, go to YouTube immediately.
- **BUT** You can't f-ing swear on live TV.
- **YES** He's a part of movie history. Beverly Hills Cop, 48 Hours, The Nutty Professor and Shrek are all classics.
- **BUT** Vampire in Brooklyn, Metro, Doctor Dolittle, Holy Man, Life, Doctor Dolittle 2, Showtime, The Adventures of Pluto Nash, I Spy, Daddy Day Care, The Haunted Mansion, Norbit, Meet Dave, Imagine That.
- **YES** Murphy was nominated for a Best Supporting Actor Oscar in 2006, for Dreamgirls
- **BUT** He walked out of the show after Alan Arkin won for Little Miss Sunshine. Maybe he just wanted some ice cream?

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DiCaprio turns up the charm

Leo gifts Blake Lively's dad at birthday party
Rumoured couple are 'smitten' with each other

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to Us Weekly.

"Blake's father loved it," a source says, adding that the alleged couple are getting pretty cosy.

"(They) are so smitten it's crazy. I bet they get engaged in the next six months," the source says.

METRO

ALL PHOTOS/GETTY IMAGES

▶ Leonardo DiCaprio gave Blake Lively's father an elaborate colouring book for his birthday.

Polley is preggers

Canadian actor-filmmaker Sarah Polley is pregnant.

A publicist for Polley's new film Take This Waltz, which debuts at the Toronto International Festival this weekend, says Polley is 3 1/2 months along but hasn't revealed the baby's sex yet.

She's expecting a child with David Sandomierski, whom she married two weeks ago north of Toronto.

A graduate of law school, Sandomierski has clerked with Supreme Court chief justice Beverley McLachlin and is now doing his PhD in law.

Polley directed and penned the screenplay for Take This Waltz, which stars Michelle Williams as Margot, a writer who is married to a cook (Seth Rogen) but attracted to her neighbour (Luke Kirby).

Sarah Silverman co-stars as Margot's sister in-law.

The film was largely shot in Toronto, where Polley was born.

Take This Waltz is Polley's first full-length directorial effort since 2006's Away From Her, for which she won a Genie Award for best direction and got an Oscar nomination for best adapted screenplay.

THE CANADIAN PRESS

▶ Sarah Polley

▶ Justin Timberlake and Jessica Biel were reportedly hitting it off again at a friend's wedding in Colorado.

Jessica, Justin back on again?

Justin Timberlake and Jessica Biel are fueling speculation that they're back on again.

The pair hit up a friend's wedding in Colorado over the weekend, and the possibly reunited couple definitely seemed to be enjoying each other's company, according to People magazine.

"There was plenty of PDA and they seemed happy."
SOURCE ON SEEING JESSICA BIEL AND JUSTIN TIMBERLAKE ACTING LIKE A COUPLE

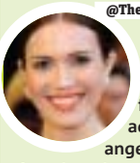
"There was plenty of PDA, and they seemed happy," a source says.

METRO

Celebrity tweets

@katyperry
"I don't know if I can do this show tomorrow I have eaten too much queso"

@JimCarrey
"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"



@TheMandyMoore
"Trying to find a home for an adorable orange kitten found on the street. If you live in LA area"

@SethMacFarlane
"America should have the President it really wants...The problem is, in our heart of hearts, that's Snooki"

Hannigan puts pregnancy rumours to rest

Alyson Hannigan took to Twitter to clear up pregnancy rumours after a photo of her where she appeared to be sporting a baby bump popped up online.

"No, I'm not pregnant! I just ate too much carnival food, that time of the month, hurt my back and couldn't suck my gut in — and need to do cardio," the How I Met Your Mother star posted in response.

"And I'm never going to wear that shirt again. I do look pregnant in that photo!"

METRO

▶ Alyson Hannigan blames too much carnival food for an unflattering photo that sparked pregnancy rumours.

Madge isn't gaga for pop rival

Lady Gaga has made it clear that she's possibly Madonna's biggest fan, but the same apparently can't be said for Madonna's feelings about Lady Gaga.

"As for Lady Gaga, I have no comment to make about her obsessions having to do with me because I don't know whether her behaviour is rooted in something deep and meaningful or superficial," Madonna tells French newspaper Le Soir. Her rep has tried to smooth things over, though, telling E! News, "I do know that [Madonna] has said many supportive things about Gaga over the years."

METRO

5 young names to know in fashion this month

TINA CHADHA
@METRO.LU
METRO WORLD NEWS

1 Master tailor: Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.

2 Ladies man: Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.

3 Indie darling: Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice. We're writing about her, after all.

4 The romantics: Creatures of the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.

5 Futuristic femme: Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapey dresses) Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.

3 life

Kanye style

Where are you Yeezy?

The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it)! So?? METRO

Harper's Bazaar editor-in-chief Glenda Bailey picks mag's Greatest Hits for new book

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Renos that you never thought possible. Really.

Remodelling your home doesn't have to be a pipe dream Try these innovative solutions, smart shopping options and tricks of the trade

CONTRIBUTED

▶ A handyman with a plan: Licensed contractor Matt Blashaw co-hosts DIY Network's Money Hunters.

DIY IDEAS

When remodelling or renovating in your home, it can be easy to lose track of your budget or get carried away in making many changes.

Use these simple tips from DIY Network's Money Hunters, hosted by Matt Blashaw and Deanne Bell, to ensure your reno costs don't get out of control.

These hosts work with homeowners to deliver the best renovations money can buy.

Using innovative solutions, smart shopping options and tricks of the trade, makeovers are completed that homeowners never thought possible.

Repurpose your kitchen cabinets and countertops. Use existing cabinets but upgrade them by adding new doors, a fresh coat of paint or even new hardware.

A new backsplash can make countertops look stylish and coordinated — try using beadboard rather than pricey ceramic.

Get and check references. If you are doing a large renovation, hiring a reputable contractor is crucial.

Get recommendations and check out his or her past work.

Ensure they are licensed, bonded and insured.

This may cost you more at the start-up, but will save you money in the long-run.

Donate your old materials like cabinets, mirrors, countertops or flooring to avoid disposal fees and in some cases even get a tax break.

Similarly, you can shop at used stores to find great deals on new-to-you items.

Look for floor models of appliances. All you will be missing is the box.

Some retailers may even be willing to extend the warranty in order to unload the item from the store.

The best time to do this is early fall just as the new models are arriving.

Go directly to wholesalers. Cutting out a middle-man will always save you money, and some wholesalers even offer free design services.

Invest in permanence. The money you spend on architecture and design is going to last a long time.

Keep in mind that you can always upgrade to finer appliances, furniture or accent pieces, so be sure to invest most of your time and money in the permanent choices for your home.

MONEY HUNTERS AIRS WEDNESDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA.

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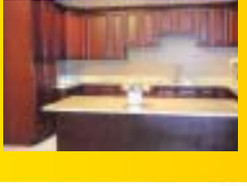

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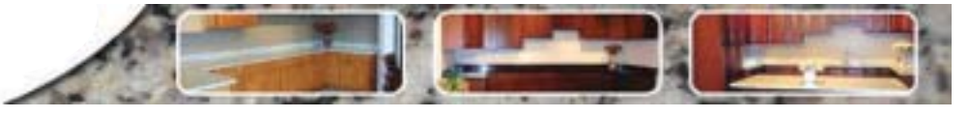

CLEAN DISHES GET THEIR START IN A CLEAN DISHWASHER

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

ISTOCK

▶ You wouldn't wash dishes in a dirty sink, would you?

Do I really have to clean my dishwasher?
Perplexed

Dear Perplexed,
Believe it or not, you actually really do need to clean your dishwasher, and ideally this should be done monthly.

But the good news is that it is simple to do.
1. Remove all dishes from the dishwasher including any debris you may find in the bottom.

Pour the white vinegar into the empty dishwasher. Do not use soap.
2. Turn the dishwasher on to the highest heat setting and run a full cycle.

Ideally the temperature should reach 140 degrees Fahrenheit or higher for a full seven minutes to fully kill all of the bacteria and disinfect the dishwasher.
3. Clean the door gasket, door edge and seal on a weekly basis with a damp cloth to remove food particles and other debris.
4. Check for hard water deposits and clean spray arms on deep cleans to ensure that the spray arms are unobstructed.

GOT A QUESTION? PLEASE EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

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Grilled Italian Sandwich

Ingredients:

- 125 g (4 oz) very thin turkey or veal scaloppine
- 10 ml (2 tsp) olive oil
- 1 ml (1/4 tsp) each dried basil and oregano leaves
- Pinch each salt and black pepper
- 1 round sourdough or Italian loaf, about 18 cm (7 inches) across
- 30 ml (2 tbsp) black olive paste (tapenade)
- 1 red pepper, cored and cut into 4 wide strips
- 1 tomato, thinly sliced
- Half a 130-g pkg goat cheese, crumbled
- 1 pear, thinly sliced
- 250 ml (1 cup) lettuce

Preparation:

1. If turkey isn't thin, pound to make thin. In bowl, stir oil, basil, oregano, salt and pepper; brush over both sides of turkey and inside pepper pieces. Place on greased grill over medium-high heat; grill until turkey no longer pink inside and pepper begins to soften, 4 to 5 minutes. Remove from heat.
2. Slice loaf in half to form top and bottom. Using fingers, hollow out bread. Spread olive paste over inside of both halves. Place pepper on bottom half. Layer with turkey, tomato, goat cheese, pear and then lettuce. Finish with top of bread. Using serrated knife, cut into 4 to 6 wedges. THE CANADIAN PRESS/ FOODLAND ONTARIO

Take a tour of Italy

Sandwiches, salads and pastas take on distinctly Italian flavours

Back-to-school time is made for recipes as short, simple, speedy and satisfying as this Whole Egg Pasta Carbonara.

Requiring no more than just seven ingredients, this delicious take on pasta carbonara will have you in and out of the kitchen in under 20 minutes.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe serves four.

Whole Egg Pasta Carbonara

Ingredients:

- 1 pkg (340 g/12 oz) fresh linguine
- 250 g (8 oz) finely chopped pancetta
- 30 ml (2 tbsp) butter
- 4 eggs
- Salt and ground black pepper
- 375 ml (1 1/2 cups) grated Parmesan cheese, divided

Preparation:

1. Bring a large saucepan of salted water to a boil. Add pasta and cook according to package directions. Reserve 50 ml (1/4 cup) of the cooking water, then drain pasta.
2. Leave pasta in colander to drain. Return saucepan to heat. Add pancetta and cook until just crisp, about 5 minutes. Add pasta, then toss well. Cover and set aside.
3. In a large skillet over low heat, melt butter. Keeping them separate, crack eggs into skillet and cook sunny side up until whites are set and yolks are still runny, about 5 minutes. Remove skillet from heat. Season eggs with salt and pepper.
4. Add 250 ml (1 cup) of the cheese to pasta and toss to melt. While tossing, drizzle in just enough of the reserved cooking water to help cheese coat pasta. Arrange pasta on 4 serving plates, then top each mound with an egg. Sprinkle each serving with a bit more cheese. If desired, use a fork to break each yolk just before serving.

THE ASSOCIATED PRESS

Tuscan Bread and Tomato Salad

The basic building block for a great salad? Greens, of course.

But for James Peterson, what that means varies greatly by season.

"I usually start out with a standard combination of greens, one for winter, one for summer," said Peterson, whose cookbooks have won numerous James Beard awards. "In the winter, I use a combination of bitter greens, including frisée, treviso or radicchio di Cremona, and endive, and a spicy mixture of equal parts basil leaves and rúcula (baby radicchio) in the summer."

From there, it's a matter of taste and inspiration.

"I then build on these mixtures, adding savoury ingredients, eggs, tomatoes, avocados, green beans, anchovies or whatever suits my fancy," Peterson said.

Here, Peterson offers his version on the classic Italian bread and tomato salad from his just released cookbook, Kitchen Simple.

Preparation:

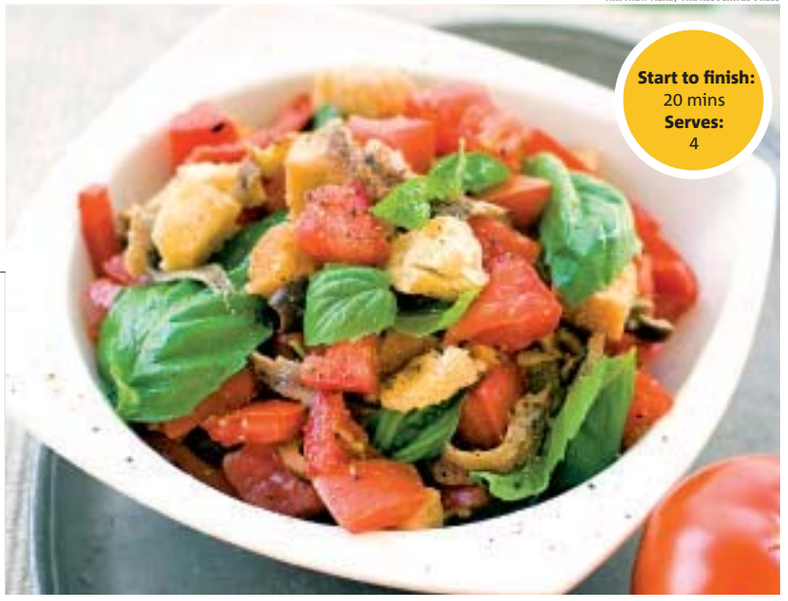
1. In skillet over medium heat, toss bread cubes with 45 ml (3 tbsp) of the oil. Sauté until cubes brown slightly, about 10 minutes. Set aside.
2. Cut tomatoes in half crosswise and gently squeeze out seeds. Chop tomatoes into 1-cm (1/2-inch) chunks and put in a large bowl. Add bread cubes, remaining 45 ml (3 tbsp) oil, bell pepper, basil, anchovies, olives and vinegar. Toss to combine. Season with salt and pepper, then serve right away.

THE ASSOCIATED PRESS/ KITCHEN SIMPLE BY JAMES PETERSON

Ingredients:

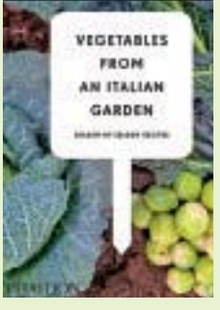
- 3 slices (each 1 cm/1/2 inch thick) crusty bread, cut into 1-cm (1/2-inch) cubes (about 750 ml/3 cups)
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 4 medium tomatoes (peeled, if desired)
- 1 medium red or green bell pepper, roasted, peeled, then cut into strips
- 20 fresh basil leaves
- 12 anchovy fillets in olive oil, drained
- 75 ml (5 tbsp) pitted and coarsely chopped brine-cured imported black olives
- 30 ml (2 tbsp) sherry vinegar
- Salt and ground black pepper, to taste

MATTHEW MEAD/ THE ASSOCIATED PRESS



Start to finish: 20 mins
Serves: 4

Weekly Cookbook



Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 newly collected recipes by the editors behind the classic Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes approximately 100 recipes that are further organized by main vegetable ingredient.

Two-thirds of the recipes are vegetarian, and the remaining third feature beef, chicken, pork or fish as co-stars.

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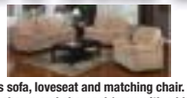
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BACK TO SCHOOL

COMSTOCK/THINKSTOCK

Establish good homework habits

Independent work and learning are important assets It's a form of self-organization and self-discipline

ASTRID VAN DEN BROEK
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of Ain't Misbehavin'.

"So, if we can help them develop better homework habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mississauga, Ont.-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares her tips on positively encouraging your child to do schoolwork.

1 **Be in touch with the school.** Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's classroom.

2 **Coach instead of dictate.** "Different kids have different learning styles and they have different ways of being successful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

3 **Empower them.** Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

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BACK TO SCHOOL ON TIME AND
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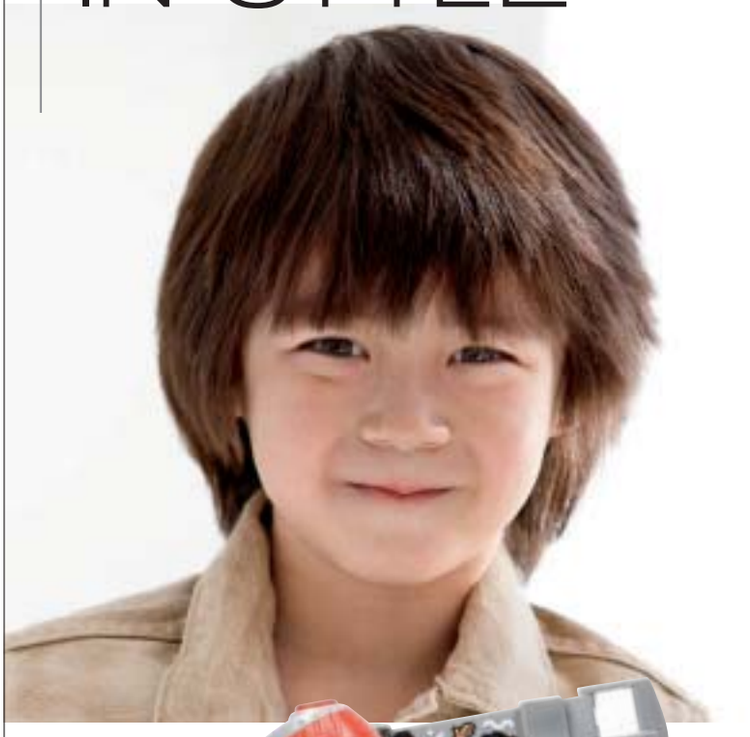

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▶ Taking part in extracurricular activities offers many benefits to students.

Tips for after-school success

JANE DOUCET
FOR METRO

Life lessons

▶ Taking part in extracurricular activities offers many benefits to students. From learning team-building skills to gaining self-esteem, there are few downsides when young people take part in after-school sports, bands, teams or clubs. Kids will learn how to manage their time and the value of making long-term commitments, among other important life lessons.

Soon after Judy Arnall's third son started playing soccer at age six, he wanted to stop. Arnall had assumed that because his older brothers had wanted to play, he would, too. She was wrong, but she didn't let him quit. Instead, Arnall attended every game and practice with him until the season ended.

"We were both miserable," says Arnall, a Calgary-based parenting expert whose most recent book is The Last Word On Parenting Advice.

"I learned that even if you want to expose your child to new experiences that will develop their talents, it has to be something they're interested in."

Arnall offers the following tips on what to consider when choosing an after-school activity:

Get your child to buy-in. "Ask what they want to do," says Arnall. If you push them into an activity they don't like, it will cause resentment and power struggles. "I tell parents, if you want your child in hockey because you like hockey, you should be the one registering to play for a team."

Implement the "begging rule." If Arnall's children really want to sign up for sports or music lessons, they have to ask for them — more than once, over a period of several weeks. "Then I know it's not just a passing fancy and they're really interested," she says.

Have your child contribute. Some money toward the extracurricular activity, that is. "Using some of their allowance or birthday money to help pay for their lessons will help give them a sense of ownership," says Arnall.

Ease into new academic year schedule

Your summer was packed with late night soccer games and cottage weekends. But then, come the start of September, your family is up at 7 a.m. every day in order to (just barely) make it to school on time.

How can you get used to this schedule again?

"Parents have to adjust their expectations because it takes pretty much up until the Christmas break to settle into the school year from a behavioural point of view," says Alyson Schafer, a Toronto-based psychotherapist and author of Ain't Misbehavin'.

To ease into the "academic new year," start by cooling yourself off first.

"After a summer of high entertainment and leisurely schedules, kids are now back in this environment with suddenly stressed parents who are trying to do it all," says Schafer. "Kids think: Mom and dad were so happy and jovial and now they're yelling at me to get out because we're going to be late."

That mood change can trickle down to the kids and trigger misbehaviours such as dawdling and sleep disturbances. And for your children, depending on their age, pitch in to help ease anxiety. And if you haven't already, start backing up those bedtimes — and wake-up times — so they can get to class on time. ● ASTRID VAN DEN BROEK

Cool tool for healthy eating

Freezer can often be overlooked Think of it as a closet full of outfits

PHOTOS BY AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Lulu Cohen-Farnell, who owns the company Real Food for Real Kids, prepares some food to freeze at her home kitchen. Cohen-Farnell freezes food to make it faster to prepare school lunches for her children.

▶ Some fresh foods ready for the freezer.

For many parents, packing kids' lunches for school means scouring the kitchen to see what can be thrown together. But often overlooked is the freezer, which, with a little thought and organization, can make the daily digs yield good, healthy food.

"The freezer is great for giving you variety," says Crystal Asher, who owns Detour Roasters Cafe with her husband in Dundas, Ont., and is a mother of three girls.

"Think of it as a closet full of outfits. Think of your freezer, fridge and pantry the same way. You have to look at your food and think, 'What else can I do with this?'"

For Asher, this means employing the right tools to help you. Ice cube trays repurposed during the baby years to freeze homemade fruit or vegetable purees can be reused once kids grow older. Asher makes sweet potato or roasted pepper purees, freezes them in ice cube trays, and defrosts them when she needs a sandwich spread for lunch.

"It's a good way of ramping up the nutritional value," she says.

She also makes larger-than-needed portions of soup and freezes the leftovers in ice cube trays. When needed, she will pop out four cubes in the morning. Once heated, this amount is enough to fill an insulated food container.

While the ice cube tray is a useful tool, Lulu Cohen-Farnell, founder and president of Real Food for Real Kids, which caters fresh food using local ingredients to schools, camps and daycares in and around Toronto, prefers using freezer bags in her home kitchen.

"You can get more into them, they can lie flat, and you can stack them so you have more room in your freezer," says Cohen-Farnell, a mother to two kids.

She regularly cleans, chops and freezes fresh herbs, vegetables and fruits, and carves out sections of her freezer for each. "At home, I'll buy fresh herbs and ingredients like scallions, ginger, parsley, cilantro or mint to enhance the taste of my food," says Cohen-Farnell.

"I'll use them fresh, but I'll buy double and freeze them for when I don't have time or to have just as a resource."

Fresh food is always best, of course, but the freezer can play a useful role in meal preparations, for kids' lunches and parents' lunches alike.

"You need to have inspiration when you make a meal," says Cohen-Farnell. "And your ingredients are what will inspire you."

THE CANADIAN PRESS

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4 sports

A long road back to the big leagues

After injuries forced him to give up his pitching career, Canadian Loewen returns to majors, starts in right for Blue Jays against Red Sox

DARREN CALABRESE/THE CANADIAN PRESS

Adam Loewen comes to bat in the third inning against Boston last night.

Adam Loewen of Surrey, B.C., says he has always enjoyed hitting more than pitching.

After two stress fractures in his left elbow forced him to abandon his major-league career as a pitcher with the Baltimore Orioles, he returned to the majors last night as a right-fielder with the Toronto Blue Jays.

"It's a rare feat," Blue Jays manager John Farrell said.

Regular right-fielder Jose Bautista was listed in the lineup as the Jays designated hitter against the Boston Red Sox at Rogers Centre.

Loewen joined the Blue Jays as a September call-up after he finished the season with triple-A Las Vegas batting .306 with 17 homers and 86 runs batted in.

The 27-year-old Loewen, who bats and throws left, said his return to the majors is different than the first time when he got the call from the Orioles in 2006. They had made him their first-round pick in the 2003 draft.

"The first time there was a lot more excitement but this is just a dream come true to be playing for the Blue Jays as a hitter," Loewen said. "Now I'm actually doing what I want to do. It's very satisfactory and I feel very blessed to be playing at all."

He was 8-8 with a 5.38 earned-run average in 35 major-league games, 29 as a starter.

"We thought it was chance to get him in the lineup right away," Farrell said before last night's game. "And we had talked about giving Jose a day at DH just to get him off his feet."

It's not that Loewen didn't also enjoy pitching, it's just that pitchers don't hit as much as players at other positions. "The real dream would be to do both but they don't let you do that," he said.

"I was never sure," Loewen said before last night's game. "I knew I had a chance. I was a good player in high school. But I always loved to hit more than I liked to pitch."

He gave up pitching after the 2008 season and signed with the Blue Jays on Oct. 24, 2008.

"It wasn't that I guaranteed myself to get back here," he said. "I knew I was going to enjoy doing it. A lot of people believed in me. I had a lot of help along the way to make this possible and the best part about it is it's not over yet.

"It's not success yet, just getting here, because that was never my intention. I wanted to go as far as I could." THE CANADIAN PRESS

NBA owners, players at the table

NBA owners and players met for about 5½ hours yesterday, plan to resume negotiations today, and could even sit down again Friday.

While neither side would say if progress is being made, the frequency of the discussions seems a good sign. They met only twice in the first two months of the lockout that began July 1.

But they went for about six hours last Wednesday, and decided they would go multiple days this week. Both sides said they could even carry over the discussions into a third consecutive day if things go well during today's session.

"We agreed that we're going to sit here for as many days as we can to see whether we can make progress, but we agreed not to characterize anything at all," commissioner David Stern said.

Both sides were cautious not to portray any optimism, though one player briefly did on Twitter, before saying his account had been hacked.

THE ASSOCIATED PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

Crosby

'Best I've felt for a long time': Crosby

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. He is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Next month? Next year? Who knows?

"I have no earthly idea," said Michael (Micky) Collins, who heads the University of Pittsburgh Medical Center's concussion testing unit.

Crosby, speaking publicly yesterday for the first time since late April, said only that he was sure he would play during the 2011-12 season, which begins next month and runs through the Stanley Cup final in June.

"This is the best I've felt for a long time," Crosby said at a news conference that attracted a large number of reporters from the United States and Canada. "The last three weeks have been really good. I feel myself getting better and better."

The Penguins, relieved that Crosby apparently will make a full recovery from the type of head injury that has ended careers, cautioned he won't be back on the ice until he is fully recovered from a severe concussion that occurred following hard hits in successive games Jan. 1 and 5.

THE CANADIAN PRESS

Quoted

"What a great win. When he hit it, I said, 'It's that kind of year.'"

DETROIT PITCHER JUSTIN VERLANDER. VERLANDER WON HIS 10TH STRAIGHT START AND EARNED HIS 22ND VICTORY OVERALL AFTER VICTOR MARTINEZ HIT A LATE GRAND SLAM THAT SENT THE TIGERS OVER THE CLEVELAND INDIANS 8-6 LAST NIGHT.

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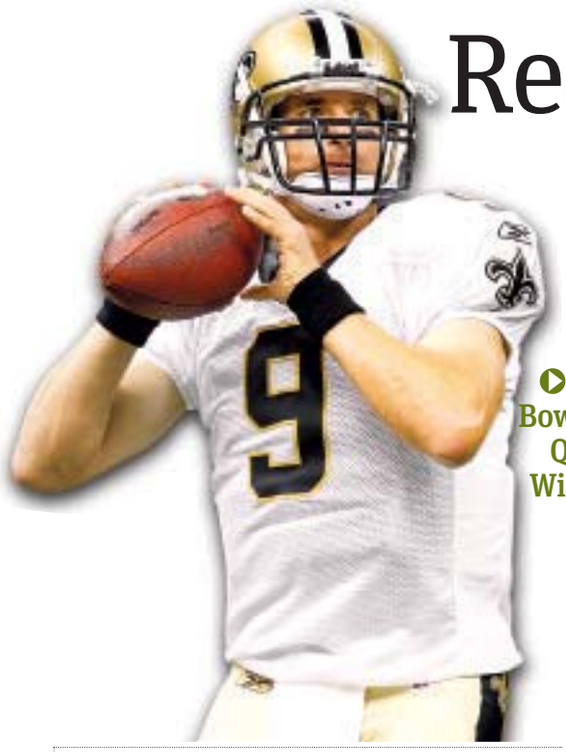


NFL season opener features past two Super Bowl champions and past two Super Bowl MVPs, QBs Drew Brees and Aaron Rodgers ◆ Small Wisconsin town prepares to take NFL spotlight

Look past the towering concert stage that engulfs part of the Lambeau Field parking lot and there's a pair of massive banners depicting Aaron Rodgers and Drew Brees hanging off the arena across the street.

Hotels will be full. Schools will close early in Green Bay. Coolers will be stocked and grills will be sizzling. As Kid Rock warms up for a pre-game concert, there will be no doubt that a bigger-than-big game is hitting the NFL's smallest market.

For the league, it's a chance to put away any lingering resentment from an off-season filled with ugly and tense labour negotiations. For the Saints and Packers (8:30 p.m. TSN), it's a chance to send a message that they intend to contend again.

"It's a similar feel to a big game, a playoff game," the reigning Super Bowl MVP Rodgers said. "There's a big atmosphere outside the stadium. But the only thing that matters is taking care of business on the field."

Brees knows no big-picture objectives will be won or lost in Week 1.

"I'm sure we're going to get questions about future playoff implications and all that stuff about this game," said Brees, whose Saints lost a stunner to Seattle in last year's playoffs, preventing a chance to repeat. "We see ourselves as a great team and as a contender. They see themselves as a great team and as a contender. The fact of the matter is it's one game and it just happens to be the first game of the season on a Thursday night on national television. But you just try to cut through all that and understand it's just a game, and it's just one game."

The Saints are recommitting to the running game and have some new faces to make it happen. Reggie Bush is gone, but Pierre Thomas returns after being slowed by an ankle injury last season. He'll be joined by free agent addition Darren Sproles and first-round rookie Mark Ingram.

The Packers have added new wrinkles to their offence, including a no-huddle look that was successful in the pre-season.

They'll also get back at least three likely starters from injuries: Tight end Jermichael Finley, safety Morgan Burnett and running back Ryan Grant. Grant will split carries with James Starks.

The Packers think the reintroduction of those injured players, along with some incoming rookies who may play significant roles, will help them fend off any sense of complacency that may have prevented past Super Bowl winners from repeating.

Rodgers thinks the Packers can be perennial contenders.

"If you think about 'teams of the decades,' those teams won multiple Super Bowls," Rodgers said. "The Steelers of the '70s, Niners of the '80s, Cowboys in the '90s, Patriots in the 2000s were multiple Super Bowl victors. We want to re-establish that tradition of going deep in the playoffs every year and making runs at Super Bowls."

THE ASSOCIATED PRESS

Metro NFL power rankings — top 10

1.) Green Bay Packers

You're the king until someone dethrones you. It's tough to repeat in the NFL, but the Packers' stability will carry them far.

2.) New England Patriots

Tom Brady and Co. are going to score a ton of points. If Bill Belichick can unlock Albert Haynesworth's potential, the Pats could hoist their first Lombardi since 2004.

3.) Atlanta Falcons

The most talented team on paper. Now, QB Matt Ryan must prove he can win a playoff game.

4.) San Diego Chargers

Philip Rivers looked like an MVP candidate in the pre-season. The Bolts — ranked No. 1 in offence and defence in 2010 — are legit.

5.) Pittsburgh Steelers

They didn't address a secondary that got torched in the Super Bowl. Still, they return 20 of 22 starters after coming up one drive short of a title.

6.) New York Jets

Rex Ryan guaranteed a Super Bowl win at the NFL combine. It's on Mark Sanchez to take the next step.

7.) Philadelphia Eagles

Mike Vick and the Dream Team. Does it spell championship? With a potential six new starters on defence, a new coaching staff and an untested O-line, it's going to take time to gel.

8.) New Orleans Saints

Drew Brees threw 22 picks and the Saints were still great in 2010. Watch out for RBs Darren Sproles and Mark Ingram.

9.) Houston Texans

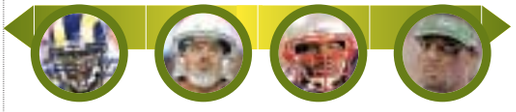
We're picking the Texans to make the playoffs for the first time in franchise history. Their offence is straight out of Tecmo Bowl.

10.) Baltimore Ravens

With Ed Reed, Ray Lewis and Terrell Suggs leading the defence, expect 10 wins. The challenge will be on the offensive side. ● MIKE GREGER METRO WORLD NEWS

Old faces, new places

Metro looks at four players who could make big impacts with their new teams after a frenzied, lockout-shortened off-season.



QUINTIN MIKELL
OLD » EAGLES
NEW » RAMS
The Eagles usually know when to cut ties with aging players, but the 30-year-old safety can still bring it and fills a huge void left by starter Oshiomogho Atogwe.

KEVIN KOLB
OLD » EAGLES
NEW » CARDINALS
The QB gets a second shot at starting — and, with a $65-million price tag, we're thinking it lasts longer than one game. Throwing to Larry Fitzgerald won't hurt either.

ALBERT HAYNESWORTH
OLD » REDSKINS
NEW » PATRIOTS
Bill Belichick is a master of getting the most out of his players (see: Randy Moss, 2007) — and this defensive end has too much talent to continue to be a bust.

PLAXICO BURRESS
OLD » PRISON
NEW » N.Y. JETS
Not many teams wanted the former inmate when he hit the open market in June. But Rex Ryan isn't one to pass on a reclamation project. ● METRO WORLD NEWS

INJURY UPDATE

It's official: Manning's streak over

Peyton Manning has quarterbacked the Indianapolis Colts every Sunday since Sept. 6, 1998.

He won't this weekend.

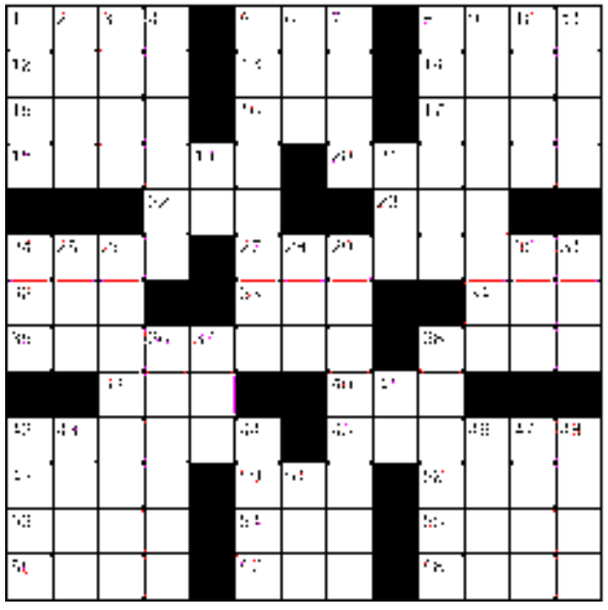
Manning will be in street clothes when the Colts opens the season at Houston, still recovering from neck surgery while Kerry Collins starts.

"It's going to be a little different without Peyton," coach Jim Caldwell said.

The 227-game streak is the second longest in NFL history behind Brett Favre. Peyton's younger brother Eli holds the longest active streak with 110 starts, including post-season play.

THE ASSOCIATED PRESS

Crossword



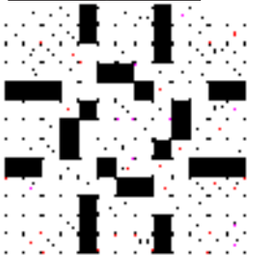
Across

1 Money
5 Here (Fr.)
8 Off-key
12 Minstrel's instrument
13 — sequitur
14 Regarding
15 Met melody
16 Moment
17 Slave to crosswords?
18 Mimicry expert
20 "The Maltese Falcon" director
22 Enjoy Aspen
23 Sch. org.
24 — accompli
27 Pest
32 Possess
33 Larry King's former employer
34 Western st.
35 Paraphrases
38 Big rig
39 Levy
40 Pull along
42 Iced dessert
45 Rhododendron's kin
49 Hebrew month
50 "2001" computer
52 Snitched
53 "The Amazing —"
54 Under the weather
55 Maintain
56 Picnic invaders
57 One of the family
58 Squeezes (out)

Down

1 Applaud
2 Emanation
3 Use a teaspoon
4 San Simeon publisher
5 Natural aptitude
6 Miler Sebastian
7 Foot fraction
8 Cinco de Mayo party
9 Case
10 Italian river
11 Adolescent
19 Suitable
21 High points
24 Supporting
25 Shock and —
26 Teach
28 French article
29 Sets up for use, as software
30 Rotating part
31 Inventor Whitney
36 Restaurant furniture
37 Hatchet
38 Wrap
41 Wizard's place
42 Antitoxins
43 "The Good Earth" heroine
44 Anything but that
46 Glimpse
47 Model Macpherson
48 Tosses in
51 Will Smith biopic

▶ Yesterday's answer



Sudoku

	8		7		4	2	3	
					3			8
6						7		5
	3		2			9	8	
				9				
	1	4			6		7	
3		1						6
5			8					
	4	7	6		9		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	3	1	9	7	5	2	6	8
9	7	8	6	2	3	5	4	1
2	6	5	1	8	4	3	9	7
8	2	7	3	9	1	6	5	4
5	1	4	2	6	8	7	3	9
3	9	6	4	5	7	8	1	2
6	5	2	8	4	9	1	7	3
7	4	3	5	1	2	9	8	6
1	8	9	7	3	6	4	2	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

coral olivos, As I gaze up into your eyes, two stars brown and bold, I can't help but notice all the warmth you truly hold. Through your eyes I see your soul, untouched and still whole. You love me, Already I know. Looking up into your eyes, makes me love you more and more each day. **MAMI**

E.L. It has already been half a year since we first dated, and I've enjoyed every single moment of it. I'm grateful that I have someone like you who cares so much for me. I love that you're always there, especially during the times where I need you the most. I hope we never grow apart. I love you, forever & always. **A.K.**

Leo, I have two eyes to see you, two arms to hold you, two ears to hear you ,two lips to kiss you but only one heart to love you! **DAISY**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 15° Max 31°	Min 16° Max 31°	Min 16° Max 32°

Jenna Khan, Weather Specialist

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are in for some serious criticism today. Don't listen to it.

♉ Taurus April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.

♊ Gemini May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's a just a passing doubt.

♋ Cancer June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ Leo July 23-Aug.23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.

♍ Virgo Aug. 24- Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.

♎ Libra Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.

♏ Scorpio Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

♐ Sagittarius Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.

♑ Capricorn Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.

♒ Aquarius Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.

♓ Pisces Feb. 19-March 20. There's no need to kick yourself for failing to get around to completing a project. **SALLY BROMPTON**

Caption contest

HADI MIZBAN/ THE ASSOCIATED PRESS

ALVARO BARRIENTOS/ THE ASSOCIATED PRESS

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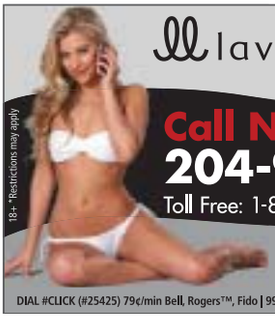
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